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THE ROCKPORT Observer

FAIRVIEW PARK & ROCKY RIVER COMMUNITIES | VOL 02, ISSUE 3 | SEPTEMBER 2014

Remembering Local Legend and Suffragist Josephine Saxer Irwin

By Charlene Connors and Gloria Cipri-Kemer

On October 3, the 100th Anniversary of the 1914 Suffrage March in downtown Cleveland, Gloria Cipri-Kemer and the Emerald Necklace Inn will host a gala afternoon tea in celebration of this event and in remembrance of suffragist legend Josephine Saxer Irwin who as a young woman was in the parade.

At 11:30 a.m. at the Fairview Gemini Center, luncheon guests will be greeted with suffrage songs, banners and “Women in History” members portraying suffrage leaders. Laura Loew, from “Lost in the Past”, will then present an overview of Woman Suffrage, the 72-year struggle to win the vote for the women of the United States.

One way that suffrage organizations drew attention to their cause was mass demonstrations and marches. In Cleveland, 7,000 women marched as 200,000 spectators watched on October 3, 1914. The marchers came from all walks of life - young mothers, matrons, factory workers, teachers and clerks. They dressed in white and wore yellow roses on their shoulders as they held banners that read “Votes for Women”.

One of the five women escorts riding roan horses at the head of the parade and sporting flaming red hair was 24-year-old Josephine Saxer, who at the time was a Lakewood resident and teacher. It is for this act of courage and her continued advocacy for women's rights and world peace that she is being honored. Roberta Sunkle, who personally knew Josephine in her later years, will highlight her life through a series of pictures obtained from the Western Reserve and Fairview Park Historical Societies. This will be followed by Charlene Connors, a Women in History member, who will present a portrayal of Josephine Saxer Irwin based on extensive research and interviews with family members and friends.

The luncheon will end with Fairview Park Mayor, the Honorable Eileen Patton,



Josephine Saxer Irwin

introducing Josephine's family, friends and other VIP guests that have continued her legacy of service to the community. She will also issue a Proclamation honoring the life and accomplishments of Josephine Saxer Irwin, a long-time Fairview Park resident.

Fairview Park-Rockport Cemetery

The celebration of Josephine's life will continue on Saturday, October 4, from noon until 3 p.m. with a gathering at her home on River Cliff. Josephine and her husband John raised beautiful orchids, including the aptly named Josephine Irwin white orchid registered in England. Karen Kilbane, the present owner of the Irwin home, has graciously agreed to open the greenhouse to visitors. Edgar Stehli, orchid expert, will be present to exhibit and sell a variety of orchids as well as answer questions about cultivating them.

The day will also include a self-guided tour of the Fairview Park (Rockport) Cemetery developed specifically for this event by Sharon Guinaugh, author of “Come Walk with Me, Exploring Fairview Park-Rockport Cemetery”. The tour focuses on six specific gravesites, including that of Josephine Saxer Irwin. During her lifetime, Josephine fought to preserve the cemetery and even chose the large boulder to hold the plaque she designed, which was dedicated in 1975.

Consequently, all money received after expenses will be donated to a cemetery fund to be used for continued upkeep

and also future replacement of the entry gates. In Josephine's honor, Gloria Cipri-Kemer and the City of Fairview Park

See Josephine page 2

Cravings Cafe Reinvents Itself

By Paul Sykes

Have you ever tried to reinvent yourself or your business? Paul Sykes has done it again by taking Cravings Cafe's long-time coffee shop menu and expanding it to include a Thai cuisine menu.

Let's recap Sykes' career: former professional violinist (Board Trustee member at the Cleveland Institute of Music), former owner of a chain of giftware stores at 17 Malls in eight different cities, former owner of high-end art galleries called Art Avenue. He also built the coffee shop at the Beck Center for Arts.

Currently, he is president of Art 2 You, which has a fleet of vans that bring upscale art right to your home. Oh, and did we mention that he is co-owner of Luca, Cleveland's sensational and sophisticated Italian restaurant sitting on the Superior Viaduct.

“Well, it's all in a day's work!”, says Sykes. He is known for his quote, “I wake up in the morning at 5:00 a.m., blink my eyes, and it's 11:00 p.m., every day, seven days a week.”

But this story is not about Sykes. It is about Tibby Pansing, who bumped into Paul at the Beck Center via her mother-in-law Kate Mott. After a couple of catering help-outs, when Tibby met Paul, she simply said, “Can I help you with serving this food? Oh and did you know I am a great Thai food chef?” As soon as Paul heard those words, he was at her home diving into 17 different masterpiece samplers.

No sooner than a blink of an eye did Tibby start at Cravings with a basic kitchen, two stove top burners, and not much else. Six months later, come peek in that same kitchen now. You will find 10 stove top burners, fryers, ovens, walk-



The lovely Tibby in traditional Thai dress.

in coolers, plus a little added renovation in the front dining area of the restaurant.

And this story is also about Tibby's lovely daughter Fern, who does not say much in English, but has the sweetest personality you will ever meet on this side of the Western Hemisphere. And once in a while, you get to say hi to Flim, her English-speaking son who is in junior

See Cravings page 2



An Evening with the Arts

An Evening with the Arts presents watercolorists Bob Moyer, Patricia Sigmier, and Cathy Welner on September 18 at 7:00 p.m. Meet three of Cleveland's best, see their unique work, and learn how they developed their talent. Watercolor by Bob Moyer. An Evening with the Arts is hosted by the Rocky River Public Library.

The Rockport Observer Hosts Adult Skate

September 28th
7:30-9:30 p.m.

Rocky River Ice Rink

21018 Hilliard Blvd. • Rocky River

\$8.00 admission



ROCKPORT FILES

Josephine from page 1

have already donated the Weeping Cherry Blossom Trees that line the walkway of the cemetery.

The cost of these events is \$30 for the luncheon only, \$35 for the luncheon and the Saturday tours, and \$15 for the tours alone. For more information and reservations, call 440-333-9100 or email stay@emeraldnecklaceinn.com. •

Charlene Connors is a member of Women in History and portrays 14 historical American women. Gloria Cipri-Kemer also contributed to this article.

Cravings from page 1

high. He likes to prepare some dishes here and there. Both Fern and Flim add to the wonderful family essence of a truly authentic Thai kitchen.



People have told Sykes that Cravings has the finest Thai food in Cleveland. Sykes feels very blessed to have such a wonderful and kind family from Thailand. And how beautiful they are is just the icing on the cake.

But we are not done yet with this story. Sykes is adding another 900 square feet to the front of Cravings. “We have to keep up with the ‘foodie momentum’ here in Rocky River.” How soon will this happen? Sykes says, “Just blink your eyes, then come and enjoy our new look at Cravings.”

Cravings Cafe is located at 19701 Lake Road in Rocky River. For more information, call 440-895-0098. •

Paul Sykes is a classical musician, international art dealer, and owner of two restaurants, Cravings and Luca.

We have added a THAI MENU at CRAVINGS
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THE ROCKPORT Observer

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A Note from the Publisher

If you're like me, you're wondering, "where has the Summer gone?" I'm looking forward to enjoying the warmth of an Indian Summer.

Meanwhile, I encourage you to take advantage of our Great Lake Erie; whether skiing, sailing, paddling, cruising, or a waterside picnic...enjoy!

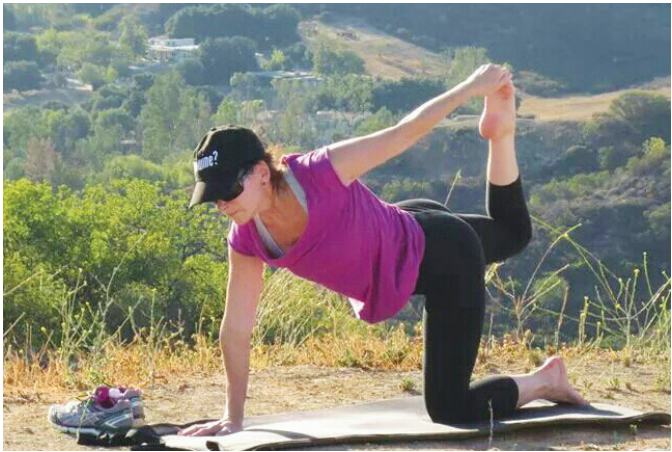
I continue to be grateful for the advertisers that support our paper and encourage our readers to explore some of the unique businesses in our neighborhood. Did you know that you could host a Tea Party at the Emerald Necklace? Many of our local businesses would be a cool place to invite friends for your "Girls' Night Out!" Visit their showrooms and enjoy some of the yummy cuisine at our local restaurants.

For this issue, we chose to focus on our Seniors, so may I remind everyone to, please, take care of your bodies! If you're young, establish good habits now. If you're a little more seasoned...it's never too late to get started. Today we have so many options to practice better health. Choose an exercise program that works for you; consult with a personal trainer. If you're rehabilitating from an injury or looking for a new way to strengthen and condition, you might consider Pilates.

The Rockport Observer is hosting another ice skating party...please come and join us on Sunday, September 28 at the Rocky River Ice Rink from 7:30 p.m. to 9:30 p.m. Invite a friend and join us.

Finally, most important, thank you for picking this up, taking a look, and giving it a go. We hope you find something you enjoy and pass it along to a friend.

— LuAnn Leonard
Publisher



I practice what I preach!

THE ROCKPORT Observer
Volume 2 | Issue 3

Community news powered by the citizens of Rocky River & Fairview Park

Check out our Web site at **TheRockportObserver.com**

With a current circulation of 5,000 copies distributed to over 250 locations in the Fairview Park, Kamm's Corners, and Rocky River community and via our Web site, The Rockport Observer is a community media initiative whose mission is to involve, engage, inform and converse with neighbors in what was once known as Ohio's Rockport community. The views and opinions expressed in the publication do not necessarily reflect that of The Rockport Observer, its publisher or staff. Copyright 2014-The Rockport Observer, All right reserved. Any reproduction or use of the content within without expressed written consent is forbidden.

The Rockport Observer is a locally-owned and operated citizen-based news source written by community writers. Stories are accepted in the order received (save for time-sensitive community event material). The Rockport Observer reserves the right to edit all entries and items for publication.

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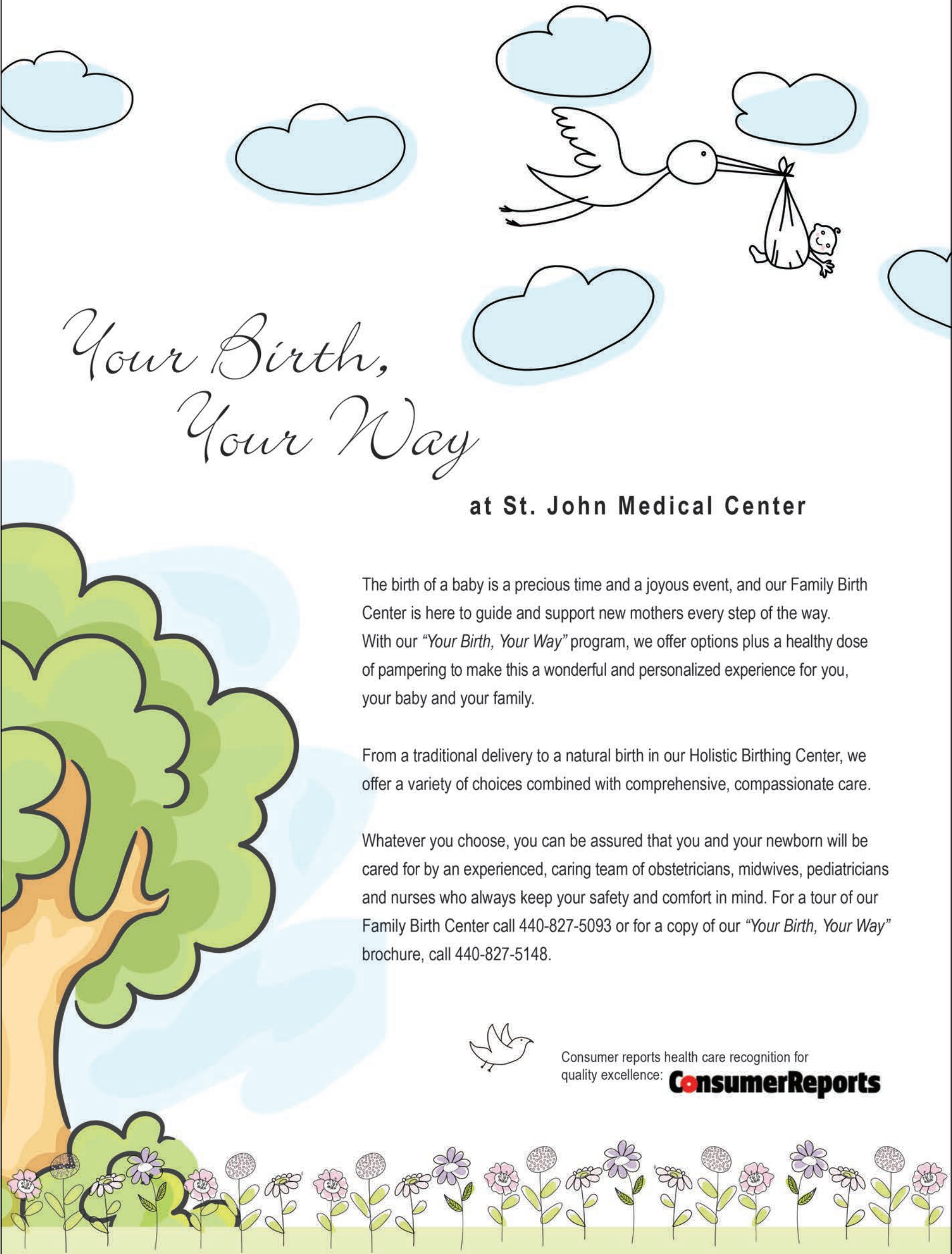
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Fitness Tailored to Your Body

By Lisa DeSico-Boyd

Everyone has fitness goals. If you want to meet yours, you need a workout and nutritional plan that's as unique as your body. At Achieve Fitness Studio in Rocky River, personalized fitness training starts on Day 1. Achieve Fitness is a personal training studio that offers one-on-one and small-group training, as well as sports and conditioning training.

An initial consultation gives your new trainer an idea of your fitness goals, and a physical assessment evaluates key areas of your current fitness, such as strength and endurance. "After we gather all that information, we sit down, talk about your goals again, and design your program based on your test and goals," explains Lisa DeSico-Boyd, owner, trainer and fitness instructor at Achieve Fitness.

Lisa has been a personal trainer for more than two decades. She switched her graphic arts major to kinesiology during her sophomore year in college after she joined a gym to get into shape. "The next thing I knew, I loved working out so much that I became a fitness instructor and a personal trainer," Lisa recalls.

Lisa has taught various fitness classes as well as personal training at gyms such as Bally Total Fitness, Fitworks and the Jewish Community Center. She managed three Fitness Together personal training studios (Chagrin Falls, Solon and Rocky



Achieve Fitness Studio's training staff: Shari, Nick, owner Lisa DeSico-Boyd, and Jason.

River). Last March, Lisa took ownership of the Fitness Together studio and transformed it into Achieve Fitness. "Before, it was just personal training for one hour, and I noticed that a lot of people don't have an hour to work out," Lisa explains. "So I added 30-minute sessions for those who don't have the time to do the hour session and 45-minute classes for those who like the group setting."

Achieve Fitness offers Boot Camp classes and TRX Suspension Training. The 45-minute boot camp class is the

most popular, Lisa says. "In the boot camp class, we incorporate various equipment in the studio, and it's more of a circuit-style workout," she explains. "You're in different stations, so there might be one person doing battle rope and another doing squats with a stability ball."

Boot camp provides a full-body workout in a small-group setting, which allows the trainer to observe and correct the form of each trainee. This class, while intensive, is beneficial for people at a wide range of fitness levels. "You

can pretty much just join in and catch up with everybody else," Lisa assures. TRX, on the other hand, is a suspension training class in which you work against your own body weight to develop strength, balance and core muscles. Lisa recommends doing a one-on-one TRX session before joining the class to learn the terminology, exercises and proper form.

Achieve Fitness Studio trains clients of all fitness levels. Its clients range from eight to 85 years of age. If you're looking to lose weight, build muscle, condition for a sport, maintain what you have, or simply to live a healthy lifestyle, Achieve Fitness Studio will help you reach your fitness goals.

Achieve Fitness is located at 19910 Detroit Road in Rocky River. You can reach the studio by phone at 855-444-9575 or email Lisa at lisadesico@ruready2bfit.com. Visit ruready2bfit.net for more information on the studio, its trainers and its fitness services. •

Lisa DeSico-Boyd, owner of Achieve Fitness Studio, has over 25 years in the fitness industry. She is certified through AFAA, NASM, Johnny "G" Spinning, CPR and AED. In the past, Lisa has competed in Fitness/Figure competitions and was a fitness model for Yukon Fitness Equipment. Lisa and her husband live in Bratenahl.

NADA BAR Opens in Rocky River

By Patricia Acra

NADA BAR opened for business on June 2. Its mission is to provide an alcohol-free experience for all ages in a traditional bar atmosphere.

The owners, Earl Speer and Patty Acra, were asked, "Why the name NADA BAR?" There are two reasons: 1. If you say it out loud, it sounds like you are saying "not a bar" and it's not a bar because no alcohol is served, and 2. NADA is an acronym for No Alcohol or Drugs Allowed.

The theme song from the 1980s sitcom "Cheers" says it best in terms of the atmosphere they are striving for, "Sometimes you want to go where everybody knows your name and they're always glad you came". NADA is a great place for teenagers to seniors and everyone in between. You're invited to

stop by and say hello. Then, stay awhile and play pool or queue up your favorite songs on the juke box.

NADA has dollar hot dogs for Monday Night Football, an open microphone night on Thursdays as well as Thursday Night Football, a DJ on Fridays, and 1/2 price beverages and karaoke for ladies night on Saturdays. Come to cheer on the Indians as they make their run for the playoffs. A lunch menu is offered with all food items under \$4 from 11:30 a.m. to 4 p.m. during the week. NADA has delicious real fruit and green smoothies, coffee, mochaccino, french vanilla cappuccino, iced tea, lemonade, and multiple flavors that can be added to any drink.

Bring in the ad in this paper for \$2.00 off any food item after 4 p.m.

A Dream Come True

NADA BAR is the dream of owner Earl Speer. Working together with Patty, his partner in life, he has turned his dream into reality. To understand the business model, it helps to know a little about Earl. He was put on this path about 19 years ago, when he was 25 years old. After years of drinking, Earl had a life-changing moment. With prayer, the grace of God, and the help of friends of Bill W., he was able to get and stay sober.



NADA BAR hopes to become a bar "where everyone knows your name".

After a couple years of sobriety, he recognized a need for a place where people could play pool, listen to music, eat some food, watch sports and just have a good time - without alcohol. The atmosphere Earl was looking for could not be created in a restaurant or coffee shop. He came up with the name NADA BAR and the rest is history. Earl will be the first to tell you that he doesn't take credit for the idea - he credits God. The long-term goal of Earl and Patty is to

franchise the business.

NADA BAR is located at 20130 Center Ridge Road in Rocky River. Hours are 11:30 a.m. to 2:00 a.m., Monday through Thursday; 11:30 a.m. to 3:00 a.m. on Friday; and 4:00 p.m. to 3:00 a.m. on Saturday. •

Earl Speer and Parry Arca live in Fairview Park. Earl was born and raised in Rocky River, and Patty comes from Middletown, Ohio.





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LOCAL BUSINESS

The Ritzy Chic Offers Online Liquidations and Sales

By Debbie Simone

Once again, we are adding new features to enhance The Ritzy Chic shopping experience. We will be including the same fine items we are now offering for sale on our website. When you first walk through the door, to the left, you will see a beautiful cherry hutch with a charming set of fine Danish china. Straight ahead in the same room, you will find our gleaming glassware sorted by their own vibrant colors. Wrapped around the far right-hand side of the room, you will find all of our pottery, collectibles, more fine china, cups, saucers, figurines, and more.

The middle room (where our desk is

located) holds our large assortment of fine costume and collectible jewelry, vintage hats, vanity items, and other vintage accessories. The backroom has been converted to show our vintage collection of clothing and more hats, vintage and beaded purses, furs, coats, and other accessories. The side room in the front of the store (our sunroom) will be converted into designer label and nearly new clothing for women.

Now let's go upstairs to see the men's vintage clothing and accessories, barware and bar signs mirrors, and advertising items, including tins, trays, clocks, small furniture, headboards, stools, retro cocktail and end tables,



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lamps, books, records...wow...a lot! The other rooms have more nearly new and vintage clothing, linens, shoes, bridal gowns and veils...etc.

We will feature 50 plus items each week online for online sales only. Items must be picked up at either our 1315 Linda Street location in Rocky River or our East Side warehouse. Our warehouse (online sales and consignments only) is located at 7560 Tyler Blvd., Unit F, in Mentor (phone 440-942-2669) and holds furniture and estate items. Consignments will be done in our warehouse on Thursdays from 11 p.m. to 7 p.m. or by appointment.

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Debbie Simone is the owner of The Ritzy Chic. The shop helps support cancer survivors through its consignments and sales.

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BUSINESS

Entrepreneurs Need Education Tune-up

By Perry Haan

With students returning to school, it is a good time for entrepreneurs to review their lifelong learning plan. It is critical for those working in competitive markets to stay on top of the latest changes and technology affecting their businesses.

Lifelong learning is a popular term for the need for people - entrepreneurs or not - to continue educating themselves for both personal and professional reasons. Scientists warn that people must keep their brains active if they want to avoid mental decay. Those who continually seek to learn are more creative, innovative and more likely to pick up new skills.

“Twenty-first century jobs are constantly changing, which require individuals to continually evolve their skills. Developing a practice of lifelong learning is essential for the entire workforce, but most especially for entrepreneurs because of fast-paced technology changes, annual regulatory changes and the changing environment around a workforce that has evolving needs and skills,” according to Annette Melver, Senior Business Services Director at Lorain County Community College.

Many entrepreneurs get caught up in the day-to-day activities of running their organizations at the expense of not engaging in self-education. Studies show that successful endeavors are those

that have a longer term focus, including owners who devote time and effort to educating themselves.

Rosanne Catella, President, Ohio Business College, noted, “Social media and the Internet have added another twist to this skill set and entrepreneurs who are not familiar with Twitter, Facebook, Instagram and others will be faced with multiple challenges in successfully marketing their products or services. Lifelong learning in this venue is a must.”

In addition to pursuing learning opportunities for themselves, entrepreneurs need to provide development for their employees. Along with spurring employees to be more productive, providing development opportunities to workers increases their loyalty to employers. Larger organizations are more likely to promote education and training for employees, while small- to medium-sized companies are starting to see the value in providing employee development opportunities.

A difficult issue for smaller employers is that they often have high employee turnover. These employers often argue that it is difficult to justify spending money on employees who do not stay long. On the other hand, studies show that providing learning opportunities increases the retention rate of employees in small- to medium-sized businesses.

Lifelong Learning Resources

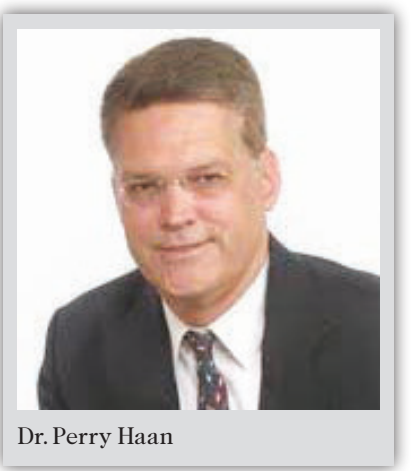
Organizations can find ways beyond formal education or training to create a culture of lifelong learning. Lunch discussions, sharing of reading materials, and internal meetings to discuss new innovations can all be used to supplement formal learning.

For entrepreneurs, there is a plethora of resources available for learning. The problem is that there may be too many resources. Entrepreneurs need to determine which sources are worth their time and effort.

Ohio Business College has worked with many entrepreneurial students over the years. They come to Ohio Business College because its curriculum is focused on the technical and basic courses - Information Technology, Accounting, Business Administration and Healthcare - that help students achieve their goals “without a lot of fluff”, according to Catella.

Melver said a wide range of resources exists at Lorain County Community College to assist entrepreneurs in gaining and keeping skills up-to-date, thus enhancing efficiency, productivity and competitiveness. Its Small Business Development Center provides business acumen workshops and private, no-cost business advising.

Business Advisers of Cleveland, a non-profit group, provides free counseling,



Dr. Perry Haan

mentoring and consulting services for individuals who want to start for-profit and not-for-profit businesses, and for those who already lead an organization and need free, unbiased answers to business-related questions. The group helps new and existing businesses in developing business plans, preparing for obtaining funds, marketing and buying businesses.

More generally, Cathy Ashmore at The Consortium for Entrepreneurship Education in Columbus suggests that entrepreneurship is a lifelong learning process and that everybody in the U.S. should have the opportunity to understand the concept. Everyone needs to understand how entrepreneurs contribute to the economy and consider owning a business as a career option. •

Dr. Perry Haan is Professor of Marketing and Entrepreneurship, and former Dean of the Business School at Tiffin University. He resides in Rocky River.

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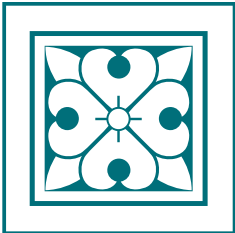
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— Mortimer J. Adler



DEDICATED TO

Aging Gracefully

By Deborah Bock

“Age matters only when one is aging.”
— Pablo Picasso

Millions of older adults are concerned about aging gracefully and maintaining vitality. Exercise is a key element of aging gracefully while simultaneously maintaining positive self-esteem and a productive, vigorous, and healthy lifestyle.

It is no secret that America is aging. As a result of unprecedented success in health promotion and maintenance, more individuals are approaching the upper limits of the human life span. The average American lives a long life, but he or she is often sedentary, overweight, unfit, and chronically ill.

According to experts on aging, rest is precisely what aging people do not need. Starting in middle age, people begin to gain fat and lose muscle, strength, bone, and aerobic capacity. The risk of heart disease, diabetes, high blood pressure, and osteoporosis starts to climb.

Are you heading for the “disability zone”? This is the time span that starts when a person no longer leads a quality life and becomes increasingly dependent on others for care. A properly designed and implemented exercise program has many physical and emotional benefits. Don’t buy into the myth that aging is an inevitable, unstoppable process. Although overall function will decline compared to that which you were capable of when you were 20, the most severe aspects of aging are related to inactivity and muscle loss. An active and fit 70-year-old can have the same aerobic capacity as a sedentary unfit 25-year-old!

Resistance Training

A resistance training program can be the first step and most important part of one’s training. Building muscle today can change posture, physical appearance, speed-up the metabolism, build strong bones, result in weight loss, and maintain physical independence. The secret to aging well: EXERCISE!

I first became interested in strength

or resistance training in my early twenties. My mother was diagnosed with osteoarthritis and osteoporosis and was suffering with physical limitations. My grandmother had the same. Knowing that it was my genetic heritage, my mother encouraged me to take Tums for calcium. My doctor recommended weight-bearing exercise which I have been involved with most of my adult life.

A few years ago, I had foot surgery that resulted in a cast for six weeks. I wasn’t able to bear any weight on my foot whatsoever. When the cast came off, my calf was completely atrophied. I started physical therapy and just as I was getting the strength back in that leg, I fell on a patch of ice and broke my other foot. I found myself leaving the hospital with a cast again for six to eight more weeks. By this time, I was very discouraged, and had gained unwanted pounds from lack of activity.

When the second cast came off, I decided to join a fitness class. I started out very gingerly, and worked my way up to regular workouts. As my muscle

mass increased, fragility decreased and I realized that the health benefits of exercise are numerous. Exercise also improves your psychological, emotional health and self-esteem.

You can begin exercising at any age, with great benefit. Older adults can check out course offerings at local senior centers. Anyone can take classes through their local Recreation Departments. The Rocky River Senior Center offers weight workouts for building bone strength, yoga, tai chi, tap dancing, Zumba, country line dancing, Sit & Fit, and a variety of Silver Sneakers classes. Take a class, get moving. Fit Happens! •

Deborah Bock is the Director of Senior Services for the City of Rocky River and works out of the Rocky River Senior Center. She holds a BA in Psychology, MA in Counseling, and licenses and certifications in Social Work, Energy Psychology, Reiki, Personal Training and Group Fitness.



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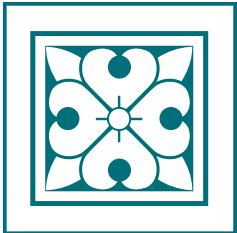


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Happiness Is Being a Caregiver

By Cara Gallagher

Being a caregiver may not be the most glamorous job, but it can be one of the most rewarding. Although not without its challenges, caregiving offers a way to enrich someone's life. A deep sense of gratification comes from knowing that you are providing a service that can help improve someone else's life. It can be worthwhile assisting a senior on their journey through life at a time when they might need a little help.

At Seniors Helping Seniors®, we strive to match our clients with caregivers who share similar personalities. We take the extra time to get to know our clients as well as our caregivers. We want to know their interests, hobbies or favorite pastimes. This helps us to match up people who share similar interests.

Although it may take a little time to get to know our caregivers and our clients, we feel this is what makes us successful. We try to create a connection between the two parties. We want our clients and caregivers to feel comfortable with each other.

Not everyone is talkative or enjoys watching TV. When we place a caregiver with a senior, we want them to share the same preferences. We wouldn't put a very talkative caregiver with a senior who prefers to be in a quiet setting. Nor would we place a person who enjoys watching television with somebody who doesn't. Compatibility is key to making the relationship last.

We want our clients to feel like it is a friend who is coming to visit. At the same time, we want our caregivers to feel comfortable and at ease. Our caregivers are successful only if they feel confident and secure in their roles. You can derive great satisfaction from knowing that

you are enriching another person's life. Caregiving is a way to gain a better understanding of our senior's lives. The elderly have a wealth of information to offer, given a lifetime of knowledge, experience, and unique gifts. Taking the time to get to know our seniors can prove an interesting experience.

It is a great feeling knowing that you are helping seniors maintain their independence. This is one of the goals of Seniors Helping Seniors®, to provide a way for the elderly to stay in their home and live independently for as long as they wish. Having the right caregiver in the right position can make all the difference in a senior's life.

We strive to match our seniors with caregivers that have the right skill-set and experience. We want our seniors to feel assured that our caregivers have the expertise and knowledge to provide excellent care and meet their needs.

Could caregiving be something you would enjoy? If you are compassionate and have the desire to make someone's life better, we would love to have you join our team of caregivers.

Seniors Helping Seniors® is a non-medical homecare company that offers a wide array of services from simple companionship to 24-hour care. Our caregivers, mostly seniors themselves, provide understanding and quality care to those we serve. Our goal is to help those who would like to age gracefully in their own homes.

We can be contacted at 440-759-0319 or by email sdjones@shsohio.com. Visit us at www.seniorcarecuyahoga.com and like us on Facebook at Seniors Helping Seniors/Western Cuyahoga. •

Cara Gallagher is a Client Relations Manager for Seniors Helping Seniors in Fairview Park.



The indoor pool offers swimmers a serene and inviting setting.

Exceptional Comfort and the Convenience You Deserve

By Tiphane Lanham

With its spacious one- and two-bedroom apartments and manicured grounds, the Presidential is a Rocky River gem. Just south of Center Ridge Road, it combines a tranquil neighborhood feel with proximity to many attractions such as Westgate, Emerald Necklace Marina, Rocky River Senior Center and three golf courses.

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HEALTH

Wellness Doc

Sleep Trouble Can Take Years Off Your Life!

By Bryan Ruocco

Did you know that there are over 80 classifications of sleep disorders? Sleep problems add an estimated \$15.9 billion to national health care costs. It continues to amaze me how many people suffer with sleep trouble.

Before we jump to taking a sleep aid, it is important to ask the question “Why?” What would cause someone to experience sleep trouble? People experience trouble falling asleep, trouble staying asleep, waking up not feeling rested, challenges with waking in the morning, and sleep apnea, to name just a few sleep problems. It is important to know what may cause these sleep challenges.

I continue to work with people who suffer with sleep challenges and have met with very good success. It’s easy to tell your doctor that you can’t sleep - he writes you a prescription for a sleep aid. But is that really addressing the cause of your problem?

Why the body is not able to rest and rest easy needs to be addressed. Besides,

this is the most important time for our bodies to heal. If we are not sleeping, we are not giving our body the opportunity to heal and rebuild. This can take years off of our lives. Sleep is a very important aspect of health.

Many factors may affect your body’s ability to sleep. This includes diet, timing of meals, cortisol rhythm and adrenal health, stress, and blood sugar regulation. If you struggle getting good quality sleep and have sleep challenges, here are a few tips you may want to try. These are simple things I share with my clients that often times make a difference.

- First, try eating more protein and fewer carbohydrates, especially the refined type. I recommend staying away from pasta, bread, rice and potatoes with your dinner meal. Starches spike blood sugar and can disrupt sleep patterns.
- Try to eat your last meal of the day at a reasonable time. The later the meal, the more sleep problems I see people experience.
- If you can tolerate nuts, I recommend

eating a handful of raw cashews or almonds as an after dinner snack or before bed.

Food sensitivities can also play a major role in sleep challenges. For this, I recommend a food elimination diet for two weeks. Avoid the foods that are the most common causes of sensitivities, which include dairy, wheat, soy and corn. Eliminate one at a time for two weeks. Throughout that time, take note if your sleep challenges improve.

Other than diet, which can be an extensive discussion, adrenal insufficiency is another common reason for sleep disorders, along with hormone imbalances and mineral deficiencies.

If you would like to learn more and discover a natural healthy way to sound restful sleep, join us in September at our next community health workshop. We will take a deeper look at sleep disorders and challenges and share with you a healthy natural approach to sound restful sleep.

(Disclaimer: None of the information



Dr. Bryan Ruocco

above is intended to replace prescription medication.) •

Dr. Bryan Ruocco is a local chiropractor and wellness advocate. He owns and operates the Power of LIFE Wellness Center located in Rocky River. Dr. Ruocco graduated from the Life Chiropractic College in Marietta, GA. He graduated in the top of his class and received Magna Cum Laude Honors.

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“The Center for Family Medicine at Fairview Hospital specializes in primary care for infants, children, teens, adults and older adults. In some cases, we’re providing care to multiple generations of the same family,” said Fred Jorgensen, MD, Medical Director, Center for Family Medicine.

CFM physicians focus on primary and preventive care, and residents provide care under the direct supervision of board-certified faculty physicians. Their patients can access the comprehensive inpatient, testing and lab services of Fairview Hospital. CFM physicians can also assist with referrals for specialty care when needed and behavioral health is integrated into the care provided at CFM.

According to Dr. Jorgensen, the importance of routine, preventive care cannot be overemphasized. “It’s best to identify and treat minor health concerns before they become major problems. The Center for Family Medicine can be an efficient and cost-effective option in the management of chronic conditions for you and your family.”

In addition to offering evening and weekend hours, an on-call physician is available to Center for Family Medicine patients 24 hours a day, seven days a week.

To make an appointment, or for more information including office hours and insurance coverage, please call 216.476.7088. Center for Family Medicine, 18200 Lorain Avenue, Cleveland, OH 44111.

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— Charles William Eliot

HEALTH & SPORTS

“Year of the Brain” Series Continues

By Kristin Broka

The Westshore Campus of Cuyahoga Community College will extend its “Year of the Brain” lecture series into fall semester, given the success of the free program last year.

The educational series features brown bag lunch discussions at Tri-C’s Westshore Campus and Corporate College West plus a pair of interactive evening lectures focusing on a variety of brain-related topics.

“Since the inaugural year attracted so much interest and the theme has so many fascinating topics, our faculty decided to continue to offer these informative and free lectures to our community,” said Robert Searson, dean of academic affairs at Westshore Campus.

The series is based on “Charlie Rose: The Brain Series on PBS”, which explores the final frontier of neuroscience research while examining current advances in brain science.

Topics, times and dates are as follows:

- **The Disordered Brain** September 10, 1 -2 p.m at Westshore Campus, Room 131
- **Parkinson’s and Huntington’s** September 24, 1-2 p.m. at Corporate College West, Room 109
- **Multiple Sclerosis** October 8, 1-2 p.m. at Westshore Campus, Room 131
- **Alzheimer’s** October 22, 1-2 p.m. at Corporate College West, Room 109
- **Pain** November 5, 1-2 p.m. at Westshore Campus, Room 131
- **Agnosias** November 19, 1-2 p.m. at Corporate College West, Room 109

A pair of evening lectures will include panel discussions with subject experts, interactive activities, games and demonstrations.

Evening lecture topics, times and dates are as follows:

- **The Addicted Brain** September 17, 7-8:30 p.m. in the Westshore Campus Atrium
- **The Aging Brain** October 29, 7-8:30 p.m. in the Westshore Campus Atrium

All of the events are free and open to the public, with no reservations required. The Westshore Campus is located 31001 Clemens Road in Westlake; Corporate College West is located at 25425 Center Ridge Road in Westlake.

For additional information, visit www.tri-c.edu/YearoftheBrain.

Tri-C’s Brain Lecture Series Addresses Addiction

By Kristin Broka

The Westshore Campus of Cuyahoga Community College (Tri-C®) will investigate issues of addiction at 7 p.m., Wednesday, September 17. This event is part of an education lecture series - The Year of the Brain - taking place this year at Westshore Campus. The series includes brown bag lunch discussions and interactive evening lectures.

The program on “The Addicted Brain” features Dr. Stephen Sroka and Robert Garrity. The lecture is free and open to the public, with no reservation required. The event will take place in the Westshore Campus Atrium, 31001 Clemens Road in Westlake.

Sroka is a professor, author and consultant who has worked in schools around the world over the past three decades. He integrates cutting-edge research with realistic strategies for dealing with addiction.

Garrity is a pharmacist, attorney and licensed drug and alcohol counselor who will share his personal story of addiction.

For more information on this event, contact Bhavna Thakkar at 216-987-5803. Visit www.tri-c.edu/YearOfTheBrain to learn more about the series of programs.



Fall Rowing Season Starting at CYRA



By Anne Hribar

Cleveland Youth Rowing Association, Cleveland’s oldest existing rowing club for high school students, is currently preparing for the upcoming 2014 fall rowing season. Registration is now open! Striving to be a premier competitive junior rowing program, the mission of CYRA is to provide a competitive rowing experience to positively impact the mind, body, and spirit of young athletes in the Greater Cleveland community.

Our rowers are comprised of girls and boys from numerous high schools and communities throughout the Cleveland Metropolitan area. Rowers train for three to four regattas per season in Ohio and surrounding states in crews of four to eight as either a novice or varsity member. If you have an interest in being on the great Cuyahoga, please contact us to visit the boathouse and learn more about the unique sport of rowing and its scholarship opportunities.

We even encourage you to try out the sport to get a feel for it before committing through registration. Feel free to contact Coach Conzemius (lightweightrower@gmail.com) for the male high school athletes and Coach Kowalkowski (kowalkcf@gmail.com) for the female high school athletes. Not yet in high school? Please inquire about our Middle-School-Crew programs designed for students in the sixth, seventh and eighth grade.

Further details, including practice schedules, may be found on the NOW updated website page - www.cyrarowing.org. In addition, check us out on Facebook at Cleveland Youth Rowing Association, Twitter [@cyrarowing.org](https://twitter.com/cyrarowing.org) and Instagram at CYRA_Cleveland for current updates. General inquiries may be directed to Anne Hribar at hribaranne@gmail.com.

Anne Hribar is a coordinator with the Cleveland Youth Rowing Association.

St. Ed’s Rowers Prove Up to the Task

By David Hildebrandt

It was a big gamble. The sun, wind, and waves...all had to be perfect. But the boys of St. Edward High School’s rowing team were prepared to take on Operation Maple Bacon.

Operation Maple Bacon? St. Ed’s coaches, Matt Previts and Matt Carlsen, wanted to keep the plan to row from Canada to the Cleveland Rowing Foundation Boat House under cover until mid-summer. So they came up with the fun code name, Maple for Canada and Bacon.

The team’s row was to raise funds for St. Baldrick’s and autism. Pledges were made by countless businesses in Lakewood and Rocky River and other cities.

The boys trained all summer long. Up and down the Cuyahoga River every day, except Sunday, from 6:00 a.m. to 8:00 a.m. As August 16 drew closer, their excitement built, but the lake was just too rough to cross. Plan A was scuttled; Plan B went into effect.

Two shells, each with eight rowers and a coxswain, set off from the boat house on Saturday morning at 6:30 a.m. They rowed 54.4 miles up and down the Cuyahoga River, the exact number of miles from Canada to Cleveland. It took 7 hours and 41 minutes and lots of bottled water.



The we-did-it huddle!



Row, row, row...your shell!

While very proud of what they accomplished, there was no big celebration Saturday night. All they wanted to do was go home to sleep.

No rest for the weary - or for the rowers. On Monday morning, everyone reported in at 6:00 a.m. for yet another morning on the river.

David Hildebrandt is an attorney at Mansour Gavin LPA. He resides in Rocky River. David’s son, George, is a member of St. Ed’s rowing team.

Report on Westshore Joint Implementation Committee Fire Study Meeting of August 20

By LWV observers Susan Murnane, Claire Banasiak, Mick Banasiak, and Conda Boyd (Bay Village Chapter)

This report, which contains observations and selected highlights, is not an official statement of the LWV. Official minutes are prepared by Mayor Clough's office.

Present: Bay Village - Mayor Debbie Sutherland, Fire Chief Chris Lyons, Safety Director Scott Thomas; Fairview Park - Mayor Elaine Patton, Council Member Peggy Cleary, Fire Chief Tony Raffin; union representative Mike Fink; Rocky River - Mayor Pam Bobst, union representative Kevin Bednarski; Westlake - Mayor Dennis Clough, Fire Chief James Hughes, Assistant Fire Chief Gregory Mortus, union representative Patrick Graelis

Mayor Sutherland began the meeting by stating that the purpose of the \$100,000 grant is to hire a project manager to oversee the feasibility of implementing the ESCI recommendations, which range from collaborative efforts to operational efficiencies up to possible fire district consolidation. In her understanding, acceptance of the grant did not require consolidation.

Mayor Clough said he understood that a decision on consolidation would not be made until the end of the study.

Mayor Bobst emphasized that the project's purpose was not consolidation, but saving money while maintaining or improving the level of services.

Mayor Patton noted that circumstances have changed since the ESCI study, and she wanted to change the focus of the grant from full consolidation to achieving cost savings within the context of the existing shared services, especially the Westshore Central Dispatch Center. The number of municipalities involved in potential consolidation had shrunk from seven to four, and while many of the recommendations in the ESCI report had already been achieved, there were many more to be considered. In her opinion, some aspects of consolidation, such as repositioning assets, do not meet the needs of Fairview Park's citizens. The Westshore communities already cooperate extensively to enhance service and can probably look to do more of that.

Mayor Bobst strongly concurred

and felt that incremental operational efficiencies should be pursued before considering consolidation.

The mayors questioned whether they needed a legal opinion as to whether an implementation study focused only on operational efficiencies still fell within the parameters of the grant. Mayor Sutherland said that she believed it did but she would ask Mr. Ebert for his opinion.

Mayor Clough and Mayor Sutherland would prefer to leave the question of consolidation to the end of the study. The extent to which the ESCI study needed updating was discussed. Mayor Clough questioned why they needed an outside project manager if they were not going to consider consolidation. Mayors Patton and Bobst argued that the reason for a project manager — having a disinterested party dedicated to implementation — remained whether the goal was consolidation or operational efficiency.

Fire Chief Raffin argued strongly for deciding whether to include or preclude consolidation as the ultimate goal before hiring the project manager, stating that the contours of the implementation study would change dramatically depending on the desired outcome. The scope of the project must be defined for it to be successful. He also observed that ESCI's draft job description assumed the project manager's job was to implement consolidation.

Mayor Sutherland reminded all participants that the grant was time limited, although an extension could probably be obtained. The mayors, fire chiefs, and union representatives agreed to meet as separate groups to draft job descriptions and exchange the drafts by September 1. The next meeting will be September 3 at 9:30 a.m. in the Westlake Mayor's conference room.

In July 2013, the four JIC cities received a \$100,000 grant from the Local Government Innovation Fund for the Westshore Regional Fire District Phase Two Feasibility Study, to be completed by July 2015. The original study, conducted by Emergency Services Consulting International (ESCI) was completed in October 2010. All Westshore Joint Implementation Committee meetings are open to the public.

Matt Hrubey to Speak at Fairview Park Democratic Club Meeting

By Jane Reilly

The Fairview Park Democratic Club's meeting on September 4 will feature a presentation by Fairview Park's Development Administrator, Matthew Hrubey, who will share highlights of his work, with a special focus on the "Safe Routes to School Initiative." Mr. Hrubey has served the City in this capacity since September of 2012. In this role, he performs a broad spectrum of economic and community development activities, including grant administration. Mr. Hrubey will detail how his work has been of benefit to the community.

The meeting will be held at 7 p.m. in The Dunson Room in Fairview Park City Hall, 20777 Lorain Road. There is ample parking. All area Democrats and Independents are welcome.



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— Groucho Marx



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\$50	VIP Tent 4-10pm	\$30	General Admission 5-10pm
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All Tickets
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EDUCATION



And she said to him, “Get with the beat”!

Photo courtesy of Shannon Ahlstrand

Early Childhood “Super Saturdays”
Return to Beck Center

By Pat Miller

Beck Center’s popular “Super Saturdays @BeckCenter” returned on August 23. It was a morning of fun, creativity and excitement as young aspiring artists explored music, dance, theater, and the visual arts at this free, interactive event.

The program begins with a concert on Beck Center’s Mackey Main Stage that features an interactive musical demonstration and narration of select orchestral instruments. The piano was featured on August 23. Afterward, everyone is invited to take part in arts activities in the main lobby with community partners Cleveland Botanical Garden, Great Northern Mall, Usborne Books, VSA arts of Ohio/Cleveland Area, and Hulafrog.

Parent or adult participation is required. Admission is free for all ages, but tickets must be reserved at beckcenter.org or by calling customer service at 216-521-2540, x10.

Mark your calendars for future Super Saturdays @BeckCenter: December 6, featuring string instruments; January 17, featuring brass instruments, including the alp horn; and April 25, the percussion family of instruments. •

Pat Miller is Graphic Design and Marketing Coordinator at the Beck Center.

FAIRVIEW PARK BRANCH
LIBRARY HAPPENINGS

September 4 from 6:30 p.m. to 8:30 p.m. Are you considering whether your good idea could turn into a business and how to start a business? Join a Career Counselor from Cuyahoga County Public Library who will talk about resources for starting your own business at our **Entrepreneur Workshop**. The audience will be given an opportunity to assess the potential for being self-employed. Registration required.

September 9 from 7:00 p.m. to 8:30 p.m. Chief David Oliver of the Brimfield Police Department will talk about and share stories from his book “No Mopes Allowed: A Small Town Police Chief Rants and Babbles about Hugs and High Fives, Meth Busts, Internet Celebrity and Other Adventures.” Registration required.

September 16 from 7:00 p.m. to 8:00 p.m. Enjoy an evening concert with **Balalaika Virtuoso** musician Oleg Kruglyakov. World traveler and storyteller and a native of Russia, Mr. Kruglyakov will play balalaika and perform Russian folk songs and classical pieces. Between songs, he will share anecdotes on Russian culture, history and language with easy-going humor and passion. Sponsored by the

Friends of the Fairview Park Branch Library. Registration required.

September 23 at 7:00 p.m. History re-enactor Carol Starre-Kmiecik will portray **The Life of Clara Barton**, founder of the Red Cross and a Civil War nurse. Sponsored by the Friends of the Fairview Park Branch Library. Registration required.

September 25 from 7:00 p.m. to 8:00 p.m. Enjoy an evening of music with **Diana Chittester**. This honey-voiced singer, songwriter and activist will command the stage and audience with her blend of swift, intricate strumming and array of alternate tunings for a performance that sounds like many guitars playing at once. Sponsored by the Friends of the Fairview Park Branch Library. Registration required.

September 30 from 7:00 p.m. to 8:30 p.m. Join us for the **Best of Broadway**. Enjoy a fun, evening concert with Judy Crawford, a vocal entertainer for 13 years in Northeast Ohio, who will sing favorite Broadway songs from several musicals. Registration required.

To register, call the Fairview Park Branch Library at 440-333-4700 or visit www.cuyahogalibrary.org.

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THE GOOD LIFE

The Eponymous Antique Shop Owner The Beauty of Lighting

By Mitchell Sotka

The beauty of light. Light has been celebrated from the beginning of time, from the early fire pits of primitive man; to the oil pots that provided portable light; to the candles and oil lamps that provided light for dining and reading in more recent centuries. But how about the design and artistry of the lamp that emits the light. Do we take lamps for granted?

The early sources of light gave way to Thomas Edison's electrical devices that were able to shine light from the ceiling, desk top, and wall. You should not look at light as utilitarian or the lamp that holds the light bulb as a functional necessity. I believe light helps set a mood while being utilitarian. A lamp, chandelier or wall sconce is more than just a light bulb holder. Indeed, each can be as artful as a painting.

When the power goes out in a storm, we realize how much we use, need and love light. However, we mostly take light for granted and completely overlook the item that holds the light bulb. Just by walking into a room, I can tell if a person takes a utilitarian approach to lighting. However, reaching back in time to see the care that went into creating a lamp can be glorious.

A Little History
The Romans used elaborate torches and lantern-style oil lamps, decorated with the heads of rams as well as cloven-hoof feet to support the lamp. These intricate designs were a testament to how much the Romans cherished light. During the 18th century, porcelain, bronze and crystal were used to create bases for candelabras. Nothing was showier than the Court of France, a lavish spectacle that caused heads to turn and a kingdom to revolt. The fancier the decorations were, the more affluent the owner.

The Victorians had gas lamps with hand-blown glass shades made by prestigious companies such as Tiffany lining hallways and entranceways. They also had a great penchant for bronze figural lamps placed on knoll posts to illuminate stairways.

At first, Edison's invention provided a simple structure so that the light bulb was not upstaged. Soon after, the simple lamp was turned into gorgeous leaded lamps, artful sconces and elegant chandeliers.

Looking back at several centuries of lighting design, I can't help but be inspired. The love and artisanship that

went into lamps of yesteryear cannot be denied. Craftsman from the past used gorgeous cast bronze, prized porcelain, hand-blown glass, cut crystal and other well-crafted materials.

Take a New Approach
So what has happened? Look around. Poorly made lamps seem to be everywhere. Although life is more casual today, your lamp does not need to be like a cheap suit. Don't take lamps for granted. Express your personality with lamps. Pass on the cheap lamp and seek out something special. Companies like Chapman, Fredrick Cooper, Paul Hanson and George Bullo are designers of unique styles with various price points. These companies drew on the past but interpreted the design for the 21st century. Although some of these manufacturers are no longer in business, you can still find vintage lamps at antique shops, consignment stores and house sales.

There are other ways to create great lighting. Pick your favorite object - from a vase to a gear. Working with people like Carol Tuck from The Lamp Shop, you can have these objects converted into a lamp, typically for \$80.



Photo courtesy of Victoria and Albert Museum

This gas lamp (circa 1848 by R.W. Winfield & Co, England) is an extraordinary example of a time and culture that had a passion for nature and craftsmanship. Made of gilt brass and glass, the lamp was for a fine English home. For more great objects, view The Victoria and Albert Museum's website at www.vam.ac.uk.

Get excited and have appreciation for something more than the ordinary. Look at objects with a curator's eye. Pass on the mass-produced and seek out quality or custom made. These lamps may not be expensive and heavily adorned, but they will be artful and more than utilitarian. •

Poor Memory – Or Is It All in Your Head?

By Erin Matlock

Some people seem to be born with a great memory while others seem to struggle. How well we remember things makes a huge difference in how well we do in school and even how successfully we navigate life.

Jim Kwik was not one of those people who seemed to be born with a great memory. He struggled all through school. Once he got to college, his memory was worse. After he physically and mentally drove himself to the brink to perform well academically, he began a quest to learn how to learn. His revelations improved his ability to recall information, improving his learning. Kwik has since spent his life teaching others how to empower others to improve their memory and ability to learn.

Develop Better Recall
Recall, or remembering, should be the fourth R, after the three "Rs" of reading, writing, and arithmetic. Remembering what we learn is essential, but we don't get instruction about how to do it. Kwik says that four tips, which he calls FAST, can help anybody make inroads into improving their memory, as well as their ability to learn, no matter what their age.

The F in FAST stands for "forgetting" - which alludes to thinking about other things other than what we are trying to remember. Being present in a moment - paying attention to the information presented - is the key to recall. If you are thinking about what you are having for lunch or lost in a daydream, you may be missing opportunities to remember.

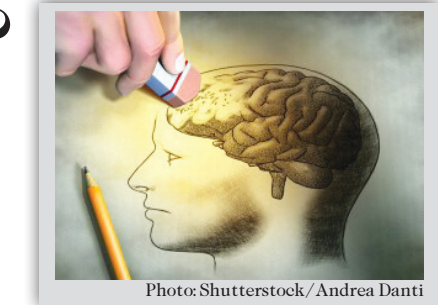


Photo: Shutterstock/Andrea Danti

The A stands for "active." Kwik says that learning means that you are engaged in the topic. That means asking questions, talking about the topic with other people, and thinking about it.

The S stands for "state", which is shorthand for the physiology of the body. How we prepare our bodies for learning can be helpful. Sitting a certain way can help you stay more focused. When you are tired, take deep breaths to send more oxygen to the brain. A revived brain will help you remember.

The T in FAST is "take notes." Kwik said note-taking is very important. He recommends doing more than just writing down the information. He draws a line down the middle of his note pad and takes notes about the information on the left. On the right, he jots down questions and thoughts. The questions and thoughts help him to engage with the information, increasing his ability to recall it. •

This article is courtesy of Brain Pages, Inc.

Erin Matlock is founder and CEO of BrainPages, Inc., a new-media company specializing in the ethical and honest promotion of brain health and mental health professionals, products and resources. She is a life member of Mensa and served as an official testing proctor for the organization.

“Forever Plaid” Opens New Season at Beck Center

By Pat Miller

Beck Center for the Arts proudly opens its 2014-2015 theater season with the hit musical production, "Forever Plaid", on the Mackey Main Stage, September 12 through October 12. Show times are 8 p.m. on Fridays and Saturdays and 3 p.m. on Sundays.

Written and originally directed and choreographed by Stuart Ross, "Forever Plaid" is a deliciously goofy musical comedy about four eager singers whose dreams of making it big end with a bus collision on the way to their first big concert. Miraculously revived from the afterlife, they fulfill their dreams and perform the show that never was. The Plaids sing in the closest of harmony, squabble over the smallest intonations, and execute charmingly outlandish choreography to some of the greatest

nostalgic hits of the 1950s such as "Three Coins in the Fountain," "Rags to Riches," "Chain Gang," "Catch a Falling Star" and more.

Tickets are \$29 for adults, \$25 for seniors (65 and older), \$12 for students (with valid ID), and \$10 for children (12 and under). Save \$5 off adult/senior tickets with Promo Code: PLAID by September 11, not valid on prior purchases or with any other offer. Purchase tickets online at beckcenter.org or call customer service at 216-521-2540, x10. Beck Center is located at 17801 Detroit Avenue in Lakewood, just ten minutes west of downtown Cleveland. Free onsite parking is available.

The Beck Center's 2014-2015 theater season also includes the musical comedy "[title of show]"; an exciting smash hit holiday production; "Dogfight", the next collaboration with Baldwin Wallace Musical Theater Program; the classic farce "Lend Me a Tenor"; the Pulitzer Prize-winning drama "The Young Man From Atlanta"; and Green Day's rock musical "American Idiot". •

Pat Miller is Graphic Design and Marketing Coordinator at the Beck Center.



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THE GOOD LIFE

The Etiquette Corner
When Is Good Enough...
Really Good Enough?

By Colleen Harding

When is good enough...really good enough? Most people go through life thinking they are “good enough”. After all, “how could we have gotten this far in life if we weren’t?” We live in nice houses, drive nice cars, our children go to good schools and we have good jobs and hobbies. We are good enough! But is good enough really good?

Most of us go through life using our own standards to judge. “If I think it’s okay, then it must be.” The problem is that everyone judges by his or her own standards, how he or she perceives things. The process is unique to each individual.

So, what do we miss out on because we judged a situation or environment incorrectly? For example, perhaps we thought it was okay to wear casual apparel to meet a new client because it was casual Friday. Perhaps we thought it was nothing to arrive late to an event because we have children and the babysitter didn’t show up on time. Perhaps we don’t think it’s important to send a thank you note to grandparents because they are going to love us regardless. Perhaps we don’t think it’s a big deal to let our children wander disruptively around a restaurant because kids will be kids. There are a million situations that present themselves everyday.

Etiquette is about making other people feel comfortable in our presence. It is about considering the standards of other people when making decisions. Instead of thinking about what you believe is good enough, try considering what others might be thinking about your actions and decisions.

Never settle for “good enough”. Choose to be excellent! •

Please submit your questions to Mrs. Harding through our website, click on Submit a new story and choose the category “Mrs. Harding”.

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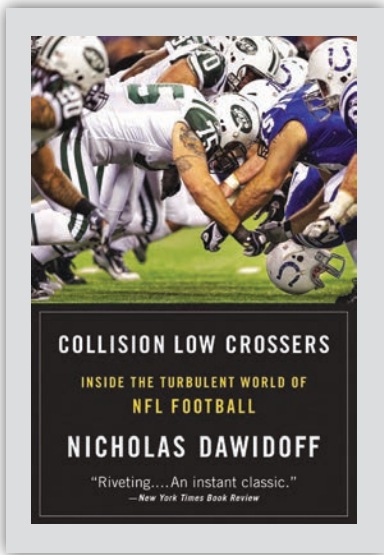
Author Nicholas Dawidoff
at RRPL on September 11

By Kitty Sommers

Rocky River Public Library and Joseph-Beth Booksellers present Nicholas Dawidoff, the author of “Collision Low Crossers: A Year Inside the Turbulent World of NFL Football,” the highly acclaimed case study of the NFL, on September 11 at 7:00 p.m. at Rocky River Public Library. Dawidoff takes you behind the scenes of the NY Jets, sharing fascinating stories about the players and coaches, including Browns current head coach Mike Pettine.

Signed copies of the book will be available for purchase. Joseph-Beth Booksellers is donating a percentage of all book sales to the library.

For additional information, call Rocky River Public Library at 440-333-7610 or visit www.rrpl.org. •



“A reader lives a thousand lives before he dies, said Jojen.
The man who never reads lives only one.”
— George R.R. Martin, *A Dance with Dragons*

Caramelized Onion, Mushroom,
Steak and Gruyere Dip

By Alyssa Wiegand

Football season is back in full swing, which means one thing for food lovers: tailgating! Make this amazing caramelized onion, mushroom, steak and Gruyere dish ahead of time and reheat it on the grill as the coals heat up. Serve it with grilled bread brushed with a garlic clove or your favorite crackers.

You certainly don’t need to tailgate to make this delicious dip though. Make it for game day from the comfort of your own home.

If you don’t have the cast iron skillet, just sear the steak and mushrooms in a different pan (NOT a nonstick pan, however) on the stove top and bake everything in a casserole dish.

Caramelized Onion, Mushroom, Steak & Gruyere Dip
Serves 6-8

- Ingredients**
- 2 onions, sliced
 - 2 tablespoons butter, divided
 - 2 tablespoon olive oil, divided
 - 2 tablespoon balsamic vinegar
 - 1 clove garlic, minced
 - 1/2 lb of sirloin, flatiron or fajita steak
 - 2 cups sliced mushrooms
 - 4 oz cream cheese, at room temperature
 - 6 oz grated Gruyere cheese, divided
 - 1/2 cup sour cream
 - Salt and pepper, to taste
 - Grilled bread, crostini or your favorite crackers



- Preparation**
- Heat 1 tablespoon of the butter and 1 tablespoon of the oil in a large nonstick skillet over medium heat. Add the sliced onions and a generous sprinkle of salt. Cook the onions until softened and just beginning to brown. Reduce the heat to low and cover the pot. Continue to cook the onions over low heat until they are caramelized, about 45 minutes, stirring every 10 minutes or so to prevent burning. When they have shrunk in size significantly and turned a deep brown color, they’ve finished. Add the balsamic and garlic. Turn the heat to medium and cook, stirring often, until there is no longer any liquid in the pan, about 3 minutes. Remove the onions from the heat.
- Heat a 10-inch cast iron skillet over medium-high heat. Add the remaining 1 tablespoon of oil and swirl to coat the pan. Season the steak with salt and pepper, and sear in the hot pan until cooked to desired level of doneness. Remove from the pan and let rest. Add the remaining 1 tablespoon of butter and swirl to coat the pan. Add the mushrooms and cook over medium heat until browned, about 5 minutes. Slice the steak into 1/2 inch pieces.
- Preheat the oven to 400 degrees. In a large bowl, combine the cream cheese, half of the Gruyere and the sour cream. Add a generous sprinkle of salt and a few cracks of black pepper, to taste. Add the onions, mushrooms and steak, mixing to combine. Put the mixture into the cast iron skillet and top with the remaining cheese. Bake for about 25 minutes, until the top is golden brown.
- Serve with grilled bread, crostini or crackers. Flip and bake for 10 more minutes. If making a double batch, rotate the baking sheets.
- Brush each round with olive oil and top with a pinch of cheese and a crack of freshly ground pepper.
- Bake for 45 minutes longer, rotating the baking sheet(s) halfway through to ensure even cooking. They should be crisp and light brown. If not, continue to bake 10 minutes at a time until done. Remove from the oven and let cool on the baking sheet. Serve when cool.
- Store in an airtight container and eat within a few days.

This recipe is brought to you by the The Olive Scene in Rocky River. Stop in or visit the store at www.theolivescene.com.

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ROCKY RIVER PUBLIC LIBRARY • CALENDAR OF EVENTS

September 4 from 3:30 p.m. to 4:45 p.m. Teens are invited to **Board Game Battles**, so grab your friends and stop by for a new Teen “Thursday Thing” event each month. Grades 7 and up.

September 8 at 6:30 p.m. Our **Indie International Film Fest** continues with “The Lunchbox”. This 2013 Indian drama revolves around a mistaken delivery in Mumbai’s famously efficient lunchbox delivery system, connecting a young housewife to an older man in the dusk of his life. Enjoy fresh, hot popcorn while celebrating the world of cinema.

September 8 at 6:30 p.m. Clue into **Mystery Monday**. Pick up a copy of “S.” by J.J. Abrams and join the lively –or deadly?– discussion about this book! So many details and some many clues, this novel in a novel makes for more than one mystery to solve.

September 9 at 7:00 p.m. **Middle and High School Transitions with Ease** will be presented by Sylvan Learning. This seminar is designed to help students make the transition to a new school. Learn what to expect when students move to either middle or high school so that everyone can have a smooth start in a new, more challenging environment. Family friendly.

September 10 from 3:30 p.m. to 4:15 p.m. Drop in for **Crafty Creations: Novel Pencil** for students in grades 4-6. Show your love of reading and get ready for school by dropping in to wrap up and decorate pencils with pages from your favorite book titles.

September 10 at 3:30 p.m. **Teen Pizza Pagers** meet for pizza and a book discussion. Stop by the reference desk to register and pick up a copy of the current book. Grade 7 and 8. Registration required.

September 11 at 7:00 p.m. **Adult Rocky River Readers** book discussion of “The Husband’s Secret” by Liane

Moriarty takes place Cecilia, mother of three and wife, discovers an old envelope in the attic, written in her husband John Paul’s hand, to be opened only in the event of his death. Although he’s quite alive, Cecilia opens the letter—and then must deal with the consequences of knowing her husband’s earth-shattering secret. Come ready to discuss this breakaway best-seller.

September 11 at 7:00 p.m. Rocky River Public Library and Joseph-Beth Booksellers present Nicholas Dawidoff, author of “Collision Low Crossers: A Year Inside the Turbulent World of NFL Football”. He will take you behind the scenes of the NY Jets. Dawidoff shares fascinating stories about the players and coaches, including Brown’s current Head Coach Mike Pettine. Purchase a signed copy of the book. Joseph-Beth Booksellers is donating a percentage of all book sales to the library.

September 13 from 2:00 p.m. to 4:00 p.m. Be a part of the **Guild of the Brick** for ages 5 and older. Are you crazy about Legos®? Then drop in. We provide the Legos®, you bring the imagination.

September 15 at 3:30 p.m. **Movie Monday** for students in grades 3-6 takes place. Drop in for a hit movie after school and enjoy free popcorn and drinks.

September 16 at 7:00 p.m. The **Men’s Book Discussion** meets to discuss “Johnny Carson” by Henry Bushkin. Read this behind the scenes look at Carson’s life, written by his longtime lawyer and best friend.

September 17 from 3:45 p.m. to 5:00 p.m. The **High School Book Club** this book club is just for high schoolers! Join us for snacks and lively conversations. Stop by the reference desk to register and pick up a copy of the current book. Grades 9 and up. Registration required.

September 17 from 9:30 to 11:00 a.m. **Quit Shouting at Me-Netiquette**

Tips covers the acceptable ways of communicating and behaving on the Internet. Online communications is a part of our daily lives, so get some great hints on how to ensure that it’s polite.

September 18 at 7:00 p.m. **An Evening with the Arts** presents watercolorists Bob Moyer, Patricia Sigmier, and Cathy Welner. Join us for an entertaining and enlightening program celebrating watercolorists. It’s your opportunity to meet three of Cleveland’s best, see their unique work, and learn how they developed their talent. Join in the Q&A to discover what it’s like to live life as an artist.



An Evening with the Arts presents watercolorists Bob Moyer, Patricia Sigmier, and Cathy Welner on September 18

at 7:00 p.m. Meet three of Cleveland’s best, see their unique work, and learn how they developed their talent. Watercolor by Bob Moyer.

September 20 from 2:00 p.m. to 3:00 p.m. Brush up on your test-taking skills with a Princeton Review® **ACT Prep Class and Practice Test**. An ACT Prep Class takes place on September 18, and an ACT Practice Test takes place on **September 27 from 9:30 a.m. to 1:30 p.m.** Registration required for each event.

September 22 at 6:30 p.m. The 8th annual **Cowan Classic Film Festival** begins its new season with “Design for Scandal,” a 1941 romantic comedy starring Rosiland Russell. Free hot popcorn!

September 24 from 3:15 p.m. to 5:00 p.m. Drop in for **Get in the Game!** for students in grades 3-6. Meet at the library to hang out with your friends, play games

and munch on snacks. Different games are featured each month, including Wii Just Dance, PlayStation Rock Band, party games and board games.

September 25 at 7:00 p.m. **Chef’s Secrets** presents “Delicious Lasagna” with special guest Chef Bruno, chef/owner of Bruno’s Ristorante. Find out how to make one of this popular restaurant’s most requested items from this year’s winner of *Cleveland Magazine’s* Silver Spoon award for Best Chef. He’ll be preparing hand-breaded eggplant, layered with cheeses and finished with his homemade sauce. Delicious samples. Recipes handouts. No registration.



Chef’s Secrets presents “Delicious Lasagna” with special guest Chef Bruno, chef/owner of Bruno’s Ristorante on September 25 at 7:00 p.m.

September 26 at 12:00 p.m. Drop in for Lunch and a Movie. Bring your bag lunch and enjoy a free film selected from our popular new releases. We’ll provide the hot popcorn and refreshments. Adults of all ages welcome.

September 30 from 6:15 p.m. to 8:15 p.m. **Play Dungeons & Dragons**. Locations vary, so call for details. Join us for this classic fantasy role playing game with other teens. Learn how to create a character and embark on fantastic adventures. There is plenty of room for extra Dungeon Masters, too! Grades 7 and up. Registration required.

For additional information, call the Rocky River Public Library at 440-333-7610 or visit www.rrpl.org.

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